



U.S. Air Force

DEP News

# Fit for BMT

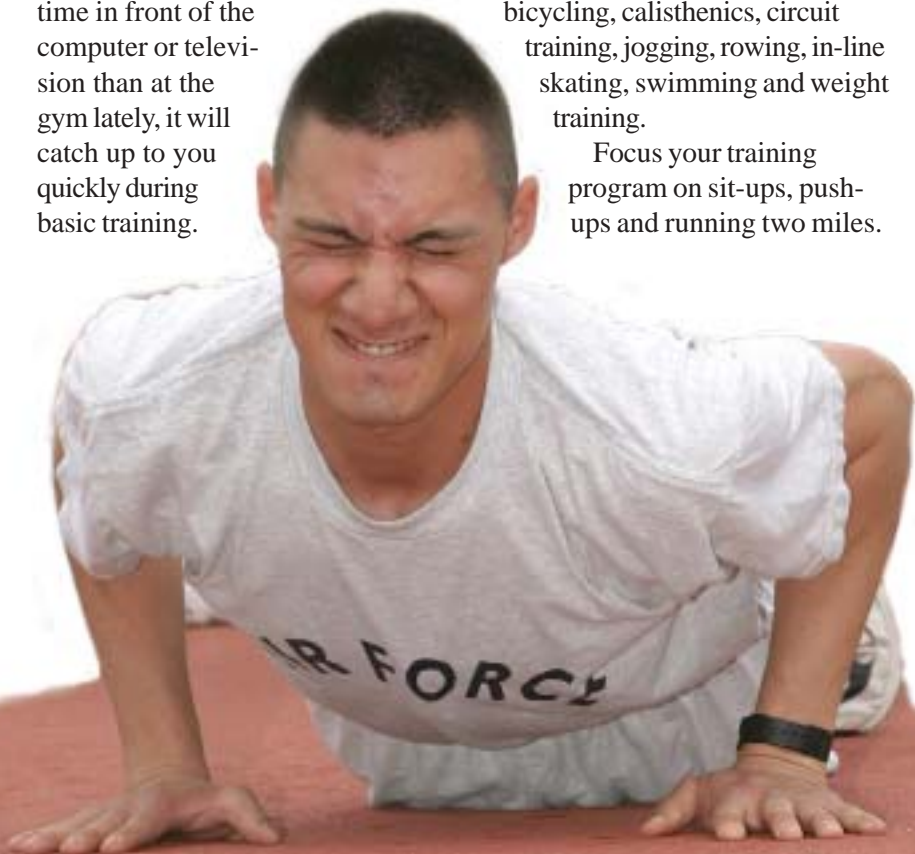
One of the biggest challenges of Basic Military Training and one you can start preparing for today is physical conditioning, or PC.

If you haven't already started your own fitness program, start one now. If you're not an athlete or you've been spending more time in front of the computer or television than at the gym lately, it will catch up to you quickly during basic training.

A good way to prepare for BMT is with cross training.

Cross training involves using two or more different activities to improve a single component of fitness. Among the activities included in cross training are aerobic dance, cardio kick boxing, bicycling, calisthenics, circuit training, jogging, rowing, in-line skating, swimming and weight training.

Focus your training program on sit-ups, push-ups and running two miles.



# Physical training crucial to success

Physical readiness training, or PRT as it is commonly called at Basic Military Training, is an important aspect of training and Air Force life. PRT is performed six days a week with alternating days of muscular endurance exercises and aerobic running.

Trainees find that it is much easier to complete PRT if they prepare before arriving at BMT, according to officials.

There are two physical conditioning assessments during BMT. An assessment is conducted the

by Robbin Cresswell



first weekend after trainees arrive, and a final assessment is conducted during the fourth week of training.

Physical readiness assessments consist of a timed two-mile run, sit-ups and push-ups, so focus should be placed on these during a personal training program.

According to officials at BMT, many trainees aren't prepared for the initial test. On average, about 70 trainees a week are not meeting the initial requirements for physical training, according to Chief Master

Sgt. Steve Sargent, superintendent for BMT.

Although there is currently no pass or fail assigned to the initial assessment, the rate of those not meeting the standard have prompted officials to take action.

The superintendent said training instructors are in the process of conducting a test during zero week. The test aims to develop a minimum standard for physical training that would allow trainees to successfully complete the remaining requirements as well as pass the PRT assessment during the fourth week.

"We want to determine if intervening early leads to greater success by the time trainees have to complete the PRT so we don't have to wash them back two weeks or after parents have already made plans for attending graduation," said the chief.

As part of the test, those who aren't meeting the standard during zero week are being divided into two groups. One half remains with their assigned flight and on the regular BMT physical training schedule as part of the study to measure how successfully they meet the PT standards and pass the PRT. The other half is recycled



*As part of physical conditioning required to graduate, trainees must complete the Airman's Run during the sixth week of training.*

### Suggested Fitness Level Upon Arrival at BMT

	Run (2 mile)	Run (1.5 mile)	Push-ups	Sit-ups
Males	19:16	13:45	34	38
Females	22:43	16:01	21	38

back one week in training where they become part of a “fit group” receiving increased focus on fitness training the following week.

“The goal is to develop a standard that trainees should be able to meet in order to finish BMT on time,” said Chief Sargent.

The superintendent said there’s no one particular area where trainees are failing. The challenges trainees are having are in the aerobic and strength training areas.

“However, the aerobics portion of training is the hardest part to improve upon in the short amount of time we require them to improve.”

Because of this, the chief encourages those in the delayed entry program to begin preparing several weeks out and advises consistency as the key. Chief Sargent also recommends “working on sprints, distance running and anything to help build the lungs.”

He suggests building up a running ability by starting out at a

slow pace for 15 to 20 minutes. To ensure a smooth transition into the BMT fitness program, the goal should be a continuous 30 to 40 minute run. Consistency is the key. Make a schedule and stick to it.

Following a recommended workout schedule three to five times per week for six weeks prior to attending BMT will help DEPPers prepare for the physical challenges faced at basic training. Since they will be evaluated on an aerobic run, sit-ups and push-ups, it’s wise to select a program that will improve their overall strength and cardiovascular health.

If DEPPers have done no running, they should start with walking and then move to running. The same holds true with sit-ups and push-ups — start slowly and increase the number each week.

At BMT, trainees may experience both mental and physical exhaustion. By starting an exercise program now, you can prepare ahead to tackle them both.

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# Place nutrition at top of your menu choices

You should have a good idea by now that you'll soon be on the receiving end of a lot of "friendly" advice from Air Force military training instructors.

From how to form up in a flight and march to making hospital corners and shining your shoes, MTIs will be specific in providing you the information you need to successfully complete Basic Military Training.

Although it may seem you're constantly under the watchful eyes of training instructors who will make all of the decisions for you, one choice you'll have a bit more control over is what you eat.

"Basic training can place great amounts of stress on the body. Proper nutrition is paramount to alleviating the effects of this stress," said Allen Sproul, a health promotion consultant for the Air Force Surgeon General.

He suggests a consistent daily intake of high carbohydrate foods such as breads, cereals, rice, pasta, fruits and fruit juice to provide the

body with an adequate energy supply for a rigorous training schedule.

"Also include chicken, fish, beef and dairy products to help repair and rebuild muscle, (and) antioxidant-rich fruits and vegetables," Mr. Sproul advises.

However, the road to healthy eating habits shouldn't begin at BMT. For many of you, fast food has become a way of life.

However, eating fast food doesn't necessarily mean you have to eat fat food since many restaurants now offer healthy choices. "The decisions

you make today about

nutrition are going to impact your fitness throughout the rest of your life," said Kimberly Houk, an exercise physiologist who serves as a consultant for the Air Education and Training Command Surgeon General.

For that head start, she suggests visiting [www.mypyramid.gov](http://www.mypyramid.gov) to learn more about proper nutrition and designing a personal plan.





# Diet, exercise key to Airman proudly serving

By Tech. Sgt. Sonny Cohrs  
**336th Recruiting Squadron**

When Airman 1st Class Michael Boyd first walked into the local Air Force recruiter's office in January 2004, he needed to lose some weight. In fact, he needed to lose half of his body weight to qualify for enlistment.

Weighing 330 pounds as a senior in high school, Airman Boyd wasn't a typical Air Force applicant. However, his determination led him to shed the extra pounds and earn the privilege of swearing in.

For his height, the 20-year-old needed to weigh no more than 170 pounds. He had his work cut out for him.

"Being obese is not good for anyone's health," he said. "But I was worried about my own health issues because of my weight."

His recruiter, Staff Sgt. Christopher Mixon, a 336th Recruiting Squadron enlisted accessions recruiter in Waycross, Ga., went through the initial pre-qualifications with him. He was ready to go, except for being overweight. Sergeant Mixon had a genuine interest in helping Airman Boyd achieve his goal. So he offered some friendly advice about nutrition.

"I gave him a target weight to shoot for. When he came back within 10 pounds of his maximum, I knew this was something he wanted," Sergeant Mixon said.

On Sept. 23, 2004, the Brantley County native passed his physical and joined the delayed entry program at a trim 165 pounds. He left for Basic Military Training Jan. 11, 2005.

by Tech. Sgt. Sonny Cohrs



“I did a lot of running,” Airman Boyd said. “I watched what I ate and did a lot of aerobic exercise. I just had to set my mind to it.”

Basic training, Airman Boyd’s new work schedule, a changed diet and added stress levels helped him lose even more weight. During his qualification flight physical, he weighed 145 pounds, which wasn’t a good thing.

“The doctor asked if I had lost a lot of weight recently,” he said. “I had a lot of excess skin; I was really pale and very weak. The doctor told me I needed to now

gain more weight. He told me to eat more (carbohydrates) for energy,” he said.

According to Airman Boyd, his success is due to two things: diet and exercise. No pills, no fad diets and, most importantly, no sweets.

“I did cut down on calorie intake, and I ate a lot of health foods,” Airman Boyd said. The “old Michael” would typically eat a lot of fast foods. His previous lunch menu of two double cheeseburgers, large fries and a milk shake can total more than 2,500 calories, just for one meal.

Today he eats a lot of vegetables, salad and low-in-fat meats like grilled chicken. What does he drink with his meal? No soda; not even diet soda. Only water.

Airman Boyd, now a sensor operator on an AC-130 Gunship stationed at Hurlburt Field, Fla., said since he’s lost the weight, he will definitely keep it off and hopes to be an inspiration to others.

“He’s happy,” Sergeant Mixon said of his new recruit. “He feels better and he wears that flight suit with pride. You can see the excitement and pride in his face.”



*Airman 1st Class Michael Boyd combined diet and exercise to lose more than half his body weight to join the Air Force.*



*Just days before leaving for Basic Military Training, William Hatten saved his neighbor from his burning house.*

## DEPper saves neighbor

**By Senior Airman Madelyn Waychoff  
Air Force Recruiting Service**

Awoken by his mother about the smoke coming from the house next door, he runs to his neighbor's door where no one answers. He opens the door and is immediately blinded by the smoke pouring out.

"I didn't really think, I just knew that I had to get him out of there," said Airman Basic William Hatten, an aerospace maintenance trainee at Sheppard Air Force Base, Texas, of his decision to risk his life and save his neighbor from a fire.

Airman Hatten, who was in the delayed entry program in Charleston, S.C., said he didn't even have time to be scared. When the smoke cleared enough for him to see, Airman Hatten said he saw his

neighbor trying to put the fire out.

"I tried to grab him, but he kept pulling away to put the fire out. Finally I just pulled until I got him out of the door," he said.

After the shock of the fire wore off, the neighbor thanked Airman Hatten, realizing he wouldn't have gotten out otherwise.

Airman Hatten admits he didn't know exactly what to do when he ran into the burning house but acted purely on instinct. "I just ran in and tried to find him, all I knew was that I had to get him out."

As demonstrated by his rescue, Airman Hatten said he's not scared to put his life on the line, whether for his country or to save someone from a fire.

"I just do what I've got to do."